

HOURS OF OPERATION

M-F 8 am - 4:30 pm, Sat 10 am - 4 pm

SPECIAL EVENTS (Schedule subject to change)

Long Beach Senior Closed – Monday, January 1, 2019

Senior Center Facility Improvements

Beginning January 4 to April, 2019

Programing, Classes and Parking maybe affected.

Long Beach Center 2019 Parking Passes Available

Beginning January 7 - in Room 107

Fee \$12.00 Cash Only- Current Registration & Driver's License Required

Field Trip To: CINEMARK Movies

"Mary Poppins Returns" Monday, January 14th
Movie: \$ 7.25 - Time TBA

Anthem Blue Cross Caremore - Haircuts

Wednesday, January 16th, 10:30 am - 12pm, Lobby

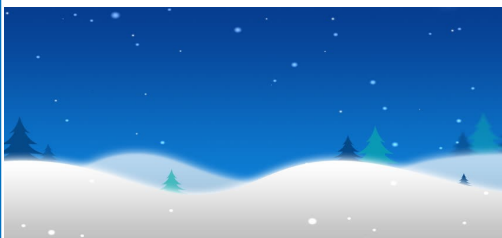
Martin Luther King Celebration

With T- Lily, Friday, January 18th, 11 am, Auditorium

Long Beach Senior Center Closed, Monday, Jan. 21st

Anthem Blue Cross Caremore— Rootbeer Floats

Wednesday, Jan., 30th, 10:30 am– 12 pm, Auditorium



Check Out the Friendly Cup Café Specials this Month

DAILY ACTIVITIES

Monday—Friday

8 am- 2 pm Friendly Cup Café Open to All Ages
8 am- 4 pm Billiards, Table Tennis, Games & Cards
10 am-2 pm Gift Shop & Library Open
12 pm H.S.A. Senior Lunch \$

Monday, Wednesday & Friday

10 am, Food Finders

Monday, Wednesday & Friday

10 am-2 pm Thrift Shop

Monday-Wednesday

7-9 pm, Round Dance Classes \$

Monday-Thursday

8 am-7 pm, Fitness Gym

Every Friday

8 am– 3 pm, Fitness Gym

Every Tuesday

9:00 am, Cal Fresh Representative

Every Tuesday

10:00 am, Tai Chi: Moving for Better Balance

Every Thursday

9:30 am, HICAP Representative, by Appt.

Every Saturday

10 am– 3 pm, Fitness Gym

\$ = Nominal Fee

January 2019

Long Beach Senior Center

The Place Where Fun Begins!

1150 E. 4th Street, Long Beach, CA 90802 (562) 570-3500

SENIOR CITIZEN ADVISORY COMMISSION MEETING:

Wednesday, January, 16th - 9 AM, Room 202 Open
meeting. Members of the public encouraged to attend.

| MON | TUE | WED | THU | FRI | SAT |
|---|---|--|---|--|---|
| | FACILITY CLOSED 1 | 8 Brown Bag 2 8 Wood Carving 9 Band 9 Knit & Crochet 9:30 Body Works 10:30 Chair Aerobics 1 Moving Easy Exercise | 8 Senior Striders 3 8:30 Meditation in Motion 9 Drawing & Painting 9:30 Stretch n' Flex 9 Ida's Reading Group 10 Sewing 10:30 Senior Striders 1 Tai Chi 1 Beg. Weaving | 9 Tap Dance Class 4 9:30 Body Works 10 Lapidary 10:30 Chair Weights 1 Moving Easy Exercise | 10 Lapidary 5 10 Gray Panthers Meeting 11 Bingo 11:30 ZUMBA Gold \$ |
| 8 Wood Carving 9:30 Body Works 10 Sewing 10 Arts /Crafts w/ Rosetta 1 Moving Easy Exercise 5 Karaoke Cafe 7 Courage to Change | 7 8 Senior Striders 8 8:30 Meditation in Motion 9:30 Stretch n' Flex 10 Flower Making 101 10:30 Senior Striders 1 Social Dance Class \$ 1 Tai Chi 1 Sing Along | 8 Wood Carving 9 9 Band 9 Knit & Crochet 9:30 Body Works 10:30 Chair Aerobics 11:30 Spanish Class 1 Moving Easy Exercise | 8 Senior Striders 10 8:30 Meditation in Motion 9 Drawing & Painting 9:30 Stretch n' Flex 10 Sewing 10:30 Senior Striders 1 Karaoke Cafe 1 Tai Chi 1 Beg. Weaving | 9 Tap Dance Class 11 9:30 Body Works 10 Lapidary 10:30 Chair Weights 1 Moving Easy Exercise | 10 Lapidary 12 11 Bingo 11:30 ZUMBA Gold \$ 12 Red Hats Society \$ 12 Round Dance Clinic \$ |
| 8 Wood Carving 9:30 Body Works 10 Sewing 1 Moving Easy Exercise 5 Karaoke Cafe 7 Courage to Change | 14 8 Senior Striders 15 8:30 Meditation in Motion 9:30 Stretch n' Flex 10 Flower Making 101 10:30 Senior Striders 1 Social Dance Class \$ 1 Tai Chi 1 Sing Along | 8 Brown Bag 16 8 Wood Carving 1 Band 9 Knit & Crochet 9:30 Body Works 10:30 Chair Aerobics 11:30 Spanish Class 1 Moving Easy Exercise | 8 Senior Striders 17 8:30 Meditation in Motion 9 Drawing & Painting 9:30 Stretch n' Flex 9 Ida's Reading Group 10 Sewing 10:30 Senior Striders 1 Tai Chi 1 Beg. Weaving 5:30 ZUMBA Gold \$ | 9 Tap Dance Class 18 9:30 Body Works 10 Lapidary 10:30 Chair Weights 1 Moving Easy Exercise | 10 Lapidary 19 11 Bingo 11:30 ZUMBA Gold \$ 11:30 Filipino American Club Monthly Dance \$ |
| | FACILITY CLOSED 21 | 8 Senior Striders 22 8:30 Meditation in Motion 9:30 Stretch n' Flex 10 Flower Making 101 10:30 Senior Striders 1 Social Dance Class \$ 1 Tai Chi 1 Sing Along | 8 Wood Carving 23 9 Band 9 Knit & Crochet 9:30 Body Works 10:30 Chair Aerobics 11:30 Spanish Class 1 Moving Easy Exercise | 8 Senior Striders 24 8:30 Meditation in Motion 9 Drawing & Painting 9:30 Stretch n' Flex 10 Sewing 10:30 Senior Striders 1 Karaoke Cafe 1 Tai Chi 1 Beg. Weaving 5:30 ZUMBA Gold \$ | 9 Tap Dance Class 25 9:30 Body Works 10 Lapidary 10:30 Chair Weights 1 Moving Easy Exercise |
| 8 Wood Carving 9:30 Body Works 10 Sewing 1 Moving Easy Exercise 5 Karaoke Cafe 7 Courage to Change | 28 8 Senior Striders 29 8:30 Meditation in Motion 9:30 Stretch n' Flex 10 Flower Making 101 10:30 Senior Striders 1 Social Dance Class \$ 1 Tai Chi 1 Sing Along | 8 Wood Carving 30 9 Variety Band 9 Knit & Crochet 9:30 Body Works 10:30 Chair Aerobics 11:30 Spanish Class 1 Moving Easy Exercise | 8 Senior Striders 31 8:30 Meditation in Motion 9 Drawing & Painting 9:30 Stretch n' Flex 10 Sewing 10:30 Senior Striders 1 Tai Chi 1 Beg. Weaving 5:30 ZUMBA Gold \$ | | |



Computer Classes and
Open Lab Times -
Check at Reception Desk

